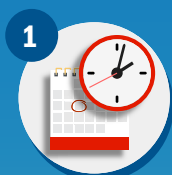




10 STEPS FOR FAMILY WELLBEING



1 Establish a daily schedule and routine



4 Find daily opportunities to connect, take notice, be active, keep learning and give

Encourage screen breaks and time offline



6 Prioritise physical activity, sleep and healthy eating



2 Allocate several breaks throughout each day – either staggered or together



5 Keep a check on your child's mental health and wellbeing

Speak to family, friends and teachers for support

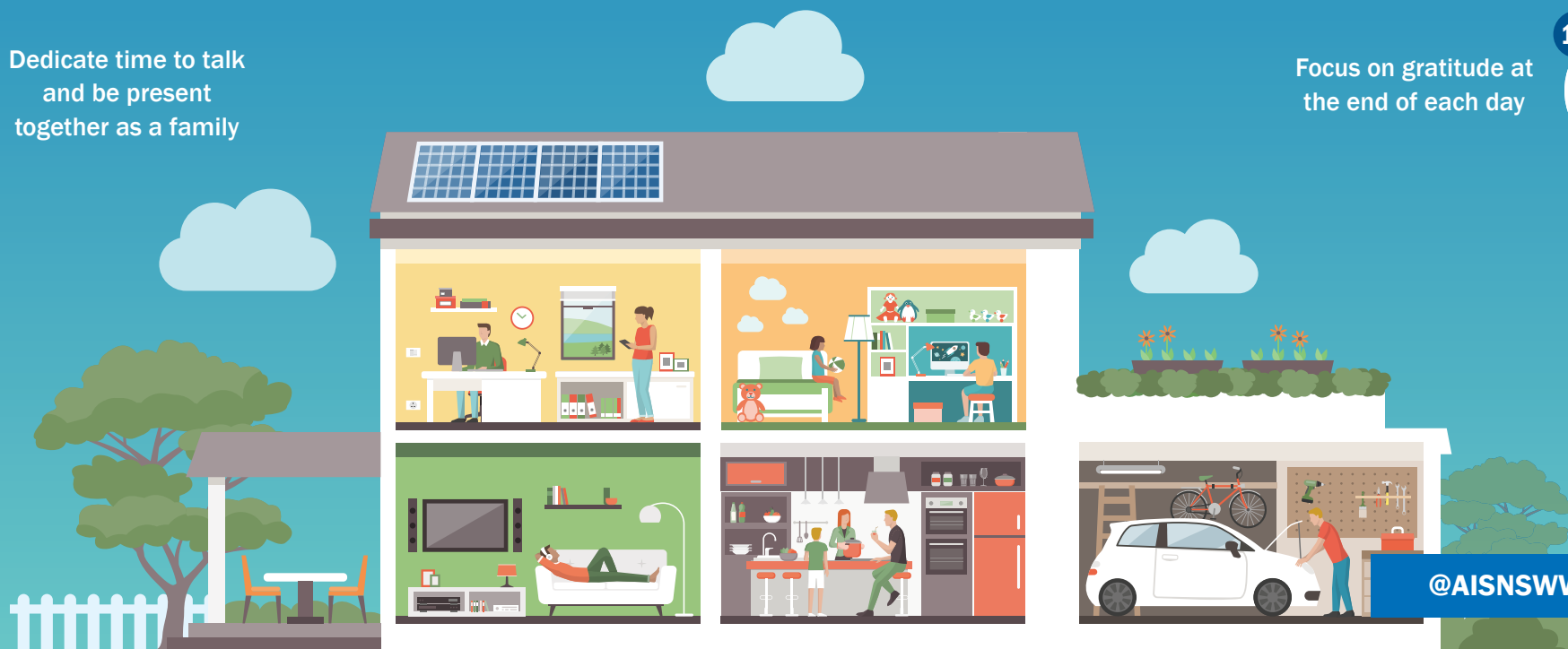


7 Access reputable wellbeing support e.g. Beyond Blue, Head to Health or Kids Helpline



3 Dedicate time to talk and be present together as a family

10 Focus on gratitude at the end of each day



@AISNSWWellbeing